

Mini Cheesecakes

These cheesecakes are the perfect size for a sweet treat that won't derail your healthy eating habits.



Nutrition Facts

Yield 12 servings

Amount Per Serving

Calories 109

Fat 1.5 g

Saturated fat 1 g

Cholesterol 36 mg

Protein 5 g

Carbohydrates 20 g

Fiber 0.5 g

Sodium 141 mg

These cute little delicacies combine the best of both worlds — heavenly taste and low-fat ingredients! They can be refrigerated for up to 3 days.

Ingredients:

1 pound fat-free cottage cheese
3/4 cup granulated sugar
1/4 cup reduced-fat sour cream
2 eggs
1 Tablespoon lemon juice
2 teaspoons cornstarch
1/4 cup low-sugar jam
1 1/2 cups of fresh mixed berries

Preparation:

Preheat oven to 350 degrees F. Beat cottage cheese with sugar until smooth and creamy, about 1 to 2 minutes. Add sour cream, eggs, lemon juice and cornstarch. Mix just until blended.

Line 12 muffin tins with paper baking cups. Fill 3/4 full with cheese mixture. Place muffin pan into a larger pan. Pour hot water into the larger pan to come halfway up the sides of the muffin pan. Bake at 350 degrees for 30 minutes, until just set.

Cool to room temperature. Cover and chill for several hours or overnight.

To serve, warm the jam in a microwavable bowl in a microwave until jam is warm and spreads easily. Brush the tops of each cheesecake with 1 teaspoon of warmed jam per cheesecake and divide the berries evenly among the cakes.



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